

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning & Afternoon					
5:30am Tabata X Studio A Nicole	5:30am Sunrise Cycle Studio A Henry	5:30am Tabata X Studio A Nicole	5:30am Sunrise Cycle Studio A Henry	5:30am Tabata X Studio A Nicole	8:15am Warrior Fitness Studio B Lee Feiles (March 14 th last class till April 11 th)
	◇5:30am TRX Preregistered Studio B Matthew		◇5:30am TRX Preregistered Studio B Matthew	9:15am Step Studio B Theresa	9:15am Class Coming Soon Studio B
9:15am R.I.P.P.E.D. Studio A Theresa	9:15am Indoor Boot Camp Studio A Rachel	9:15am R.I.P.P.E.D. Studio A Theresa	9:15am Indoor Boot Camp Studio A Rachel	9:15am Cardio Kickboxing Studio A Rachel	10:15am Copper Sky Cycle Studio B Jamie
9:15am Aqua Fit Pool Aquatics Staff	10:30am Silver Sneakers Classic Studio A Michelle	9:15am Aqua Fit Pool Aquatics Staff	10:30am Silver Sneakers Classic Studio A Michelle	9:15am Aqua Fit Pool Aquatics Staff	11:15am Cardio Kickboxing Studio A Jamie
10:30am Silver Sneakers Circuit Studio A Michelle	11:45am Aqua Fit Pool Michelle	10:30am Silver Sneakers Cardio Fit Studio A Michelle	11:45am Aqua Fit Pool Michelle	10:30am Silver Fit Camp Studio B Michelle	11:15am Aqua Fit Pool Aquatics Staff
12:15-12:45pm Express Cycle Studio B Michelle	12:15-12:45pm Power-Lunch Conditioning Studio B Matthew	12:15-12:45pm Express Cycle Studio B Michelle	12:15-12:45pm Power-Lunch Conditioning Studio B Matthew		
Evening					Sunday
6:00pm Cardio Kickboxing Studio A Esther	6:00pm Flex Power Studio A Esther	6:00pm Sunset Cycle Studio B Jamie/Henry	6:00pm Class Coming Soon Studio A		11:15am Tabata & Abs Studio A Nicole
6:00pm Sunset Cycle Studio B Stephanie/Henry	7:00pm Tabata & Abs Studio A Esther		6:00pm Class Coming Soon Studio B		12:15pm HIIT the Cycle Studio B Nicole
					1:15pm Copper Sky Cycle Studio B Henry
					2:30pm Silver Fit Camp Studio B Henry

March 1st to March 31st

Classes are approximately 50-55 minutes unless stated

Class Descriptions

Conditioning



Aqua Fit This shallow water workout includes calisthenics style movements with variations of upper and lower body moves. As the participant, you manipulate the water to create your preferred level of intensity.

Cardio Kickboxing Cardio Kickboxing is an action-packed workout that combines a series of punching and kicking combinations. Kickboxing will improve your strength, muscle tone, aerobic fitness, coordination and balance, but most of all, cardio kickboxing is fun! Set to upbeat music, kickboxing is a positive and productive way to relieve stress and get in great shape.

Cycle Indoor - Express/Copper Sky/Sunrise/Sunset This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

Flex Power is a non-aerobic class that brings weight training and body sculpting to the studio in an original group format. Please arrive 5 minutes before class to set up your equipment.

HIIT the Cycle – A High Intensity Interval Training (HIIT) class all on our top of the line indoor cycles. If you like Indoor Cycling and want to burn the fat off while get in amazing shape this class is for you! Inspired by our Tabata X and Tabata & Abs class this class delivers an amazingly challenging interval workout while riding on our indoor cycles!

Power Lunch Conditioning This fast 30minute workout is designed to give you the safest and most effective workout possible while still meeting those strict lunch hour time frame demands. Get ready to be revitalized for the next half of your day!

R.I.P.P.E.D. – The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

Silver Sneakers (CardioFit) Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Silver Sneakers (Circuit) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers (Classic) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Fit Camp Offers a boot camp type atmosphere for the older adult. This workout is designed to give you the safest and most effective workout while trying new things. This hour long class will offer you cardio and strength building exercises. There are no limits in this class.

Step & Sculpt / Step A mix of basic step, aerobics, and strength conditioning exercises. This is the perfect combination for beginners to intermediate. Step is just pure step with no conditioning exercise.

Tabata & Abs This class is a blend of Tabata Interval Training, a popular form of High Intensity Interval Training, aka. HIIT, topped off with ab-blasting exercises that will get the heart pumping and the calories burning!

Tabata X The ultimate cross-training collaboration between Tabata and Indoor Cycle! If you are looking to burn off the fat and get in amazing shape this class is a great way to start your day!

◇TRX Training: Born in the Navy SEALs, TRX Suspension Training bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. ***PREREGISTERED CLASS – ADDITIONAL FEE & LIMITEED***

AVAILABILITY!

Warrior Fitness is a fitness routine utilizing practical self-defense techniques and martial arts. For men and women of any skill level, the class focuses on developing skills and conditioning for effective self-defense in a safe environment. Participants should wear loose, comfortable clothes, athletic shoes and bring a bottle of water. Course can be tailored for most fitness levels.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning & Afternoon					
<u>5:30am</u> ZUMBA TONING® <i>Studio B</i> <i>Clarissa</i>		<u>5:30am</u> ZUMBA TONING® <i>Studio B</i> <i>Clarissa</i>			<u>8:15am</u> Class Coming Soon <i>Studio A</i>
<u>9:15am</u> Yoga Vinyasa Flow <i>Studio B</i> <i>Stephanie</i>	<u>9:15am</u> ZUMBA® <i>Studio B</i> <i>Maria</i>	<u>9:15am</u> Yoga Power Hour <i>Studio B</i> <i>David</i>	<u>9:15am</u> ZUMBA® <i>Studio B</i> <i>Maria</i>		<u>9:15am</u> Yoga (LIVE) Relaxation & YogaforVets <i>Studio B</i> <i>Vickie</i>
<u>11:30-12:05pm</u> Silver Sneakers Yoga <i>Studio A</i> <i>Michelle</i>	<u>10:15am</u> Yoga Vinyasa Flow <i>Studio B</i> <i>Rachel</i>	<u>11:30-12:05pm</u> Silver Sneakers Yoga <i>Studio A</i> <i>Michelle</i>	<u>10:15am</u> Yoga Vinyasa Flow <i>Studio B</i> <i>Rachel</i>	<u>10:15am</u> Pilates-Mat <i>Studio A</i> <i>Crystal</i>	<u>10:15am</u> ZUMBA® <i>Studio A</i> <i>Maria</i>
<u>12:45-1:15pm</u> Foam Roll & Stretch <i>Studio B</i> <i>Michelle</i>		<u>12:45-1:15pm</u> Foam Roll & Stretch <i>Studio B</i> <i>Michelle</i>			<u>11:15am</u> Tai Chi <i>Studio B</i> <i>Joe</i>
Evening					Sunday
		<u>6:00pm</u> Barre Conditioning <i>Studio A</i> <i>Sara</i>	<u>6:00pm</u> Class Coming Soon <i>Studio A</i>	<u>6:00pm</u> Barre Conditioning <i>Studio A</i> <i>Sara</i>	<u>12:15pm</u> Barre Conditioning <i>Studio A</i> <i>Sara</i>
<u>7:00pm</u> ZUMBA® <i>Studio A</i> <i>Josie</i>		<u>7:00pm</u> ZUMBA® <i>Studio A</i> <i>Josie</i>	<u>6:00pm</u> Class Coming Soon <i>Studio B</i>		
<u>7:00pm</u> Yoga Relaxation <i>Studio B</i> <i>Vickie</i>	<u>7:00pm</u> ZUMBA TONING® <i>Studio B</i> <i>Josie</i>	<u>7:00pm</u> Yoga Relaxation <i>Studio B</i> <i>Vickie</i>	<u>7:00pm</u> ZUMBA TONING® <i>Studio B</i> <i>Josie</i>		
	<u>8:00pm</u> ZUMBA TONING® <i>Studio A</i> <i>Clarissa</i>		<u>8:00pm</u> ZUMBA TONING® <i>Studio A</i> <i>Clarissa</i>		

March 1st to March 31st

Classes are approximately 50-55 minutes unless stated

Class Descriptions



Mind and Body

Barre Conditioning is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning, and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

Foam Roll & Stretch are a great way to learn how to perform self-myofascial release of trigger points in the muscles. Trigger points are sore spots that form within muscles or tendons. Foam rolling is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching.

Pilates–Mat is a system of controlled exercises that engages the mind and conditions the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. This class will be performed mostly on an exercise mat.

SilverSneakers (Yoga) SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. This is a great way to relax and be present for the weekend!

Yoga for Vets This class is shared with some Yoga Relaxation classes. All Maricopa Veterans are free to attend this class!

Yoga Power Hour Vigorous fitness-based yoga class with more challenging asanas (poses) sequenced to focus on strength and flexibility. All fitness and experience levels welcome and encouraged!

Yoga Vinyasa Flow This form of yoga is a “breath-synchronized with movement” class using traditional asanas (poses) to increase stamina, build strength, and improve flexibility. All fitness and experience levels from first timers to advanced yogis are welcome!

Yoga (LIVE) Relaxation Leave your stress and worries on the yoga mat and relax your mind and muscles with this calming yoga class. (LIVE) If available Live music will be playing for this class.

ZUMBA® A Latin-inspired, dance-fitness class that incorporates Latin dance movements. This class format combines fast and slow rhythms that tone and sculpt the body.

ZUMBA TONING® Combines targeted body-sculpting exercises and high-energy Latin-infused Zumba moves to create a calorie-torching, strength-training class.